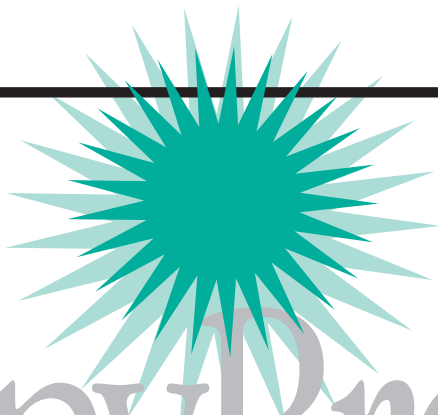


Spring 2004



Stony Brook

Better Health Better Living



Smart Medicine

**STONY
BROOK**
UNIVERSITY HOSPITAL
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UNDERSTANDING OVARIAN CANCER

Ovarian cancer is the fifth leading cause of cancer deaths in women and causes more deaths than any other cancer of the female reproductive system. About 1 in every 57 women in the United States will develop ovarian cancer. This is a disease that primarily effects post-menopausal women, with the majority of cases occurring in women between 55 and 70 years of age. Understanding more about ovarian cancer and seeking early treatment may help save a woman's life.

The exact cause of ovarian cancer is unknown, but there are several risk factors that may increase the chance of developing the disease. According to Eva Chalas, MD, Gynecologic Oncologist and Coordinator of Cancer Services for the Long Island Cancer Center at Stony Brook University Hospital, the most important risk factor is a woman's personal family history. "Research suggests that individuals with two or more first- or second-degree relatives who have been diagnosed with ovarian cancer may have up to a 50 percent risk of getting the disease," says Dr. Chalas. Other risk factors include women who have never had children or delay childrearing until late in life, and those who have early onset of menstruation or late menopause. Some protective factors that may reduce the chance of getting this disease include pregnancy, nursing and the extended use of birth control pills.

Ovarian cancer is difficult to detect early. Signs and symptoms are often vague and include a buildup of fluid in the abdomen causing abdominal swelling, discomfort, bloating, nausea or vomiting, and loss of appetite. Fatigue and/or weight loss may also occur. These symptoms can often be confused with other diseases or problems. Most women also have an elevation in a tumor marker called CA-125.

The treatment for ovarian cancer includes a combination of radical surgery (including a hysterectomy and removal of the fallopian tubes and ovaries) and tumor "debulking" (surgically removing as much of the cancer as possible) followed by treatment with chemotherapy. When surgery is required, it is recommended that a specialist in gynecologic oncology perform the procedure. Studies have shown that surgery performed by a gynecologic oncologist improves outcomes.

The sooner ovarian cancer is found and treated, the better a woman's chance for recovery. The five-year survival for stage I ovarian cancer (cancer confined to only the ovaries) is greater than 90 percent. Alternatively, the five-year survival for patients with advanced, or stage IV disease (disease spread into the pelvis or extending into other organs) is 20 to 40 percent.

A major problem in detecting ovarian cancer early is the lack of an effective screening tool. The tumor marker CA-125 blood test screen is not specific for ovarian cancer and may be elevated in other, non-cancerous, gynecological conditions. "This is one of the most frustrating aspects of managing this disease at this time," according to Dr. Chalas. Studies looking at abdominal ultrasound, annual pelvic examination and annual screening with CA-125 have failed to detect early cancers. Unfortunately, by the time a woman has symptoms and goes to see a physician, her cancer is usually in the late stages.

The good news is that this may change soon. "Research in this area is exploding," says Dr. Chalas. A recent study demonstrated that by using a new tool to analyze thousands of protein patterns in a woman's blood (referred to as "proteomics"), researchers could distinguish women with ovarian cancer from women with no cancer. This test is very sensitive and specific for the determination of the presence of this particular cancer. "The hope," says Dr. Chalas, "is that this test will be validated in larger patient populations and ultimately be widely available to the public as a simple blood test that can help predict the presence of early stage ovarian cancer."

Dr. Chalas and her colleagues at the Long Island Cancer Center and Long Island Gynecologic Oncologists, PC are about to conduct a clinical trial in proteomics that could lead to having the blood test widely available to the public within two years. ■

For more information regarding participation in the proteomics research study, please call HealthConnectSM at 631.444.4000.

Healthy women without cancer, family members of women with ovarian cancer and women with a personal history of ovarian cancer are urged to participate.

For more information on the diagnosis and management of ovarian cancer, please go to www.sgo.org, www.gcf.org or www.ligynonc.com. For a free copy of the booklet, titled *What You Need to Know About Ovarian Cancer*, call HealthConnectSM at 631.444.4000.

April

Community Education Calendar, Spring 2004



PREGNANCY EDUCATION CLASSES

For women delivering at Stony Brook University Hospital, these educational classes promote optimal maternal, fetal and newborn health. Topics of discussion include: "Staying Healthy During Pregnancy," "Breast Feeding & Infant Feeding Choices," "Preparing for Labor & Delivery" and "Taking Care of Yourself and Baby at Home." Registration is required. Call HealthConnect 631.444.4000.

Thursdays, April 1, 8, & 15

11:00 am – 12:00 noon

Stony Brook University Hospital

Free

SCREENING FOR MEMORY LOSS

Remembrance: A Program on Memory, Aging and Alzheimer's Disease

The Alzheimer's Disease Assistance Center in conjunction with the Community Programs Center of Long Island invites older adults, caregivers, family, friends and those concerned about memory and aging to this free memory screening and educational program to learn the difference between the normal signs of aging and the symptoms of Alzheimer's disease as well as depression. Participants must register in advance by calling HealthConnect at 631.444.4000.

Saturday, April 3

10:00 am – 2:00 pm

Day Haven Adult Day Services

Community Programs Center

Port Jefferson

Free

NUTRITION, DIET & EXERCISE

A nutrition intern from Stony Brook University Hospital's Department of Family Medicine will be on site to answer questions about diet and exercise.

Wednesday, April 7

11:00 am – 2:00 pm

Health Resource Center

University Hospital, Level 5

Free

BREAST CANCER EDUCATION

Blood Tests and Early Detection

For men and women who have been diagnosed with breast cancer, this ongoing support group sponsored by The Carol M. Baldwin Breast Care Center features specialist guest speakers who offer information on a variety of topics.

Wednesday, April 7

7:00 – 9:00 pm

Speaker: John Kovach, MD

NEW LOCATION: Holiday Inn Express

Stony Brook

Free

AUTISM EDUCATION

Including Children with Neurodevelopmental Disorders

The necessary elements of a successful inclusion program will be discussed, as well as the development of an effective team to support each student's individual needs in the least restrictive educational environment. This program is co-hosted by the Cody Center for Autism and Developmental Disabilities and the Massapequa SEPTA. Registration is required. Call HealthConnect at 631.444.4000.

Thursday, April 8

7:00 – 9:00 pm

Speaker: Lynda Geller, PhD

Massapequa Public Library

Free

AUTISM EDUCATION

Asperger Syndrome: Neurobiological Characteristics and Educational Approaches

Presented by the Cody Center for Autism and Developmental Disabilities, this seminar will address the problems of behavioral regulation, organization, work production, focus, and motivation that individuals with Asperger Syndrome, Pervasive Developmental Disorder-NOS, and Nonverbal Learning Disability face. Registration is required. Call HealthConnect at 631.444.4000.

Monday, April 12

7:00 – 9:00 pm

Speaker: Lynda Geller, PhD

Stony Brook Manhattan

Free

INFANT AND CHILD MASSAGE CLASSES

This 3-session program conducted by a licensed massage therapist and certified infant/child massage instructor will instruct parents in massage techniques to soothe a cranky baby, reduce stress and pain, relieve symptoms of gas and colic and develop crucial bonding skills. Classes for premature or medically fragile babies are also available. Children of all ages welcome. Bring baby or doll and a small blanket.

Tuesdays, April 13, 20 & 27

10:00 – 11:00 am

Stony Brook Technology Park

Fee: \$60.00

ORAL CANCER SCREENINGS

Oral cancer kills more people worldwide each year than those diagnosed with melanoma, cervical cancer, or Hodgkin's Disease. Participants will receive a comprehensive oral cancer examination and will learn how to identify oral cancer risk factors and symptoms.

Thursday, April 15,

9:00 am – 6:00 pm

Stony Brook University Dental Care

Center

Free

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

A comprehensive 3-day educational program covering meal planning, blood glucose monitoring, exercise, use of medications, acute and chronic complications, stress, travel, vacationing and community resources. Insurance accepted where applicable.

April 19, 20 & 21

6:30 – 9:30 pm

Diabetes Center

Stony Brook Technology Park

Fee

FAMILY HEALTH FAIR

The South Country School District Family Resource Center Health Fair features health-related community resources for families with school-age children. Stony Brook University Hospital's pediatric residents will provide educational workshops and hearing, vision and body mass index (BMI) screenings.

Sunday, April 25

12:00 – 4:00 pm

Bellport High School

Brookhaven

Free

WOMEN'S HEALTH LECTURE SERIES

The Joy of Being a Woman—Through the Life Cycle

Sponsored by Stony Brook University Hospital's Department of OB/GYN and Reproductive Medicine, this 5-part series provides up to date information on topics important to women of all ages and features selected speakers. This month's presentation will include information on symptoms, diagnosis, medical and surgical treatment options, prevention and risk factors related to urinary stress incontinence and other pelvic floor problems. Pre-registration is required. Call HealthConnect 631.444.4000.

Monday, April 26

7:00 – 8:30 pm

"Urinary Stress Incontinence and Other Pelvic Floor Problems"

Speaker: Lauri E. Budnick, MD

Sachem Public Library

Holbrook

Free

SMITH HAVEN MALL WALKERS

Sponsored by Stony Brook University Hospital, the Mall Walkers Club meets the last Wednesday of every month and provides breakfast and blood pressure screening starting at 8:00 am followed by an informative lecture at 9:00 am.

Wednesday, April 28

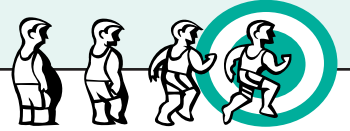
"Memory Loss,

Alzheimer's and Aging"

Speaker: Darlene Jyringi, MPS

Smith Haven Mall, Food Court

Free



TARGET FITNESS

WEIGHT MANAGEMENT PROGRAM

Day & Evening Programs

This program is designed for adults with weight management or other health related problems such as type 2 diabetes, hypertension or high cholesterol. Through individualized strategies and goals, this 12-week program consists of weekly one-hour sessions that will guide participants to develop research-based skills to facilitate gradual and permanent weight loss. **For more information call HealthConnect at 631.444.4000.**

Tuesdays, May 4, 11, 18, 25; June 1, 8, 15, 22, 29; July 6, 13, & 20

5:30 – 6:30 pm

Stony Brook Technology Park

Fee: \$180

Tuesdays, June 1, 8, 15, 22, 29; July 6, 13, 20, 27; August 3, 10 & 17

12:00 noon – 1:00 pm

Stony Brook University Hospital, 125

Fee: \$180

Target Fitness with a twist!

WEDNESDAYS: May 12, 19, 26; June 2, 9, 16, 23, 30; July 7, 14, 21 & 28

(One hour nutrition, 30 minutes exercise)

12:00 noon – 1:30 pm

Studio One Fitness and Nutrition of East Setauket

Fee: \$300

EARTHSTOCK 2004

an environmental awareness fair in celebration of Earth Day

Thursday, April 22, 9:00 am – 5:00 pm

Charles B. Wang Center

Stony Brook University's Charles B. Wang Center will be the site for Earthstock 2004 featuring exhibits and information on solar panels, organic cleaning solutions and lawn care, sustainable building products and much more. This free event includes a special performance by Grammy-winning soprano saxophonist Paul Winter at 12 noon and lecture by world-renowned anthropologist Richard Leakey at 3:00 pm. For more information visit:

www.stonybrook.edu/earthstock or call

HEALTHCONNECT at 631.444.4000.

ELEVATED LIPIDS AND CHOLESTEROL PROGRAM

The Division of Wellness and Chronic Illness in the Department of Family Medicine will conduct four, 2-hour group visits for patients with elevated lipids and cholesterol. Participants are examined and evaluated individually. The group visits review factors that contribute to cardiovascular risk and increasing levels of lipids and insulin and addresses how they can be decreased with whole foods, exercise and stress reduction. Also reviewed are genetic influences, medications and their side effects, as well as the most current evidence-based information on supplements and vitamins. Space is limited, to register call HealthConnect at 631.444.4000. Most Insurance programs are accepted with appropriate co-pay.

Wednesdays, April 28

May 5, 12 & 19

4:30 – 6:30 pm

Stony Brook Technology Park

Fee: \$150/4 Sessions

AUTISM EDUCATION

Behavior Management and Asperger Syndrome

Presented by the Cody Center for Autism and Developmental Disabilities, this seminar will provide parents with an understanding of the needs of their adolescent children and discuss interventions that are effective in helping adolescents control their behavior. The information presented will also be applicable to children and young adults diagnosed with Asperger Syndrome. Registration is required. Call HealthConnect at 631.444.4000.

Thursday, April 29

7:00 – 9:00 pm

Speaker: Peter Wigg, M.S.

Stony Brook University, Endeavor Hall

Free

For Information
on Calendar items

Call
HealthConnect
at **631.444.4000**



Better Health Better Living **Stony Brook**

NEW

Minimally Invasive Treatment of Varicose Veins

An estimated 20 percent of adult Americans have painful varicose veins in the leg. Venous reflux—the backflow of blood in a vessel that’s often the underlying cause of varicose veins—frequently forces people to dramatically change their lifestyle, especially when they work on their feet and can no longer tolerate being on their feet so much.

Whether the initial cause is genetics, pregnancy, prolonged standing, excess weight, inadequate exercise, or a damaged saphenous (leg) vein, the “plumbing” problem in the body’s circulatory system that causes varicose veins is nearly always the same. The valves in the saphenous vein fail to close properly to prevent the blood’s backflow, and the veins near the skin surface are stretched and distorted from the increased pressure caused by blood flowing in the wrong direction. Although the condition is rarely life threatening, it is often painful and unsightly.

Until recently the standard treatment has been an operation called vein stripping that involves removing the saphenous vein from the leg to re-route the blood flow, and that generally requires a long recovery with significant postoperative bruising and pain. Now, at Stony Brook University Hospital, a new and attractive treatment option known as percutaneous closure is available.

This minimally invasive technique relies on a simple needle stick to gain access to the saphenous vein, thus avoiding incisions in the skin for exposure of the vein. For selected patients, this approach offers considerable benefits.

Percutaneous closure of the saphenous vein has proven itself to be a promising alternative to traditional vein stripping surgery for treating venous reflux. The procedure is becoming increasingly popular as physicians become more familiar with this treatment and its associated benefits.

Recently published studies found that at 12 and 24 months following percutaneous closure, 90 percent of treated veins remained reflux free and a significant reduction of limb pain, fatigue, and edema (swelling) was observed. In one study that also assessed patient satisfaction at 6 months, 98 percent of patients indicated they would recommend this treatment option to a friend with similar leg-vein problems.

As this newly developed procedure becomes more commonly used, more and more insurance companies are covering the costs, when deemed medically necessary.

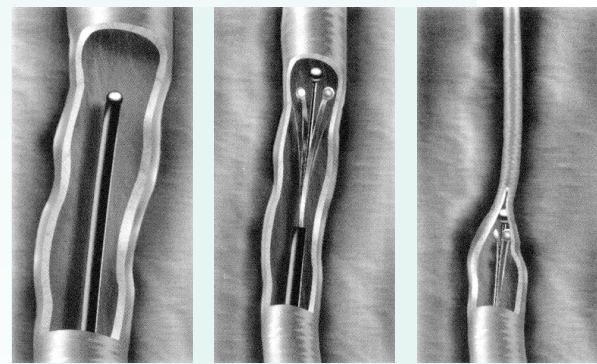
At Stony Brook University Hospital, the closure treatment for varicose veins is done on an outpatient basis at the Ambulatory Surgery Center, next to the hospital. ■

THE PROCEDURE ITSELF

Percutaneous closure of the saphenous vein is done by placing a catheter (thin tube) into the saphenous vein to deliver radio-frequency energy or laser energy to the vein wall, causing it to collapse and seal shut. The physician typically makes a single, small puncture near the knee and inserts the slender catheter into the saphenous vein.

The catheter is then positioned near the groin, energized, and slowly withdrawn, sealing the vein shut. There are no stitches, and most patients return to normal activity within a day or two. The procedure is minimally invasive and can be performed under local anesthesia on an outpatient (day surgery) basis. Patients have reported feeling little, if any, pain during the procedure, and most return to their normal activity within a day. Some common side effects may include temporary tenderness and numbness.

Most patients report a noticeable improvement in their symptoms in 12 weeks following the procedure, and experience good cosmetic outcomes with little to no scarring. ■



(left) Catheter inserted.
(center) Vein warmed and collapses.
(right) Catheter slowly withdrawn, closing vein.

For more information about our vascular specialists, please call **HealthConnect** at **631.444.4000**.

Clinical Trials Participation, Broad Pediatric Program, Offers Widespread Hope for Patients

More than 80% of children treated for cancer at Stony Brook University Hospital are enrolled in a clinical trial. Participation in these trials gives patients access to the best possible treatment available for specific forms of cancer. According to Robert Parker, MD, Director of the Division of Pediatric Hematology/Oncology, this participation combined with the oncology team’s focus on minimizing the psychological and emotional burdens of each patient often leads to their ultimate goal—to have a thriving child at the end of the treatment period who will develop into a productive and healthy adult.

“Clinical trials for pediatric cancers are recognized worldwide as providing the best care,” says Dr Parker, noting that both standard and new drugs are used during these trials. “The drugs are often the same as those used in the past, but we have learned to use them more effectively to improve treatment and decrease the short and long-term adverse side effects from treatment,” he explains. “In addition, new drugs are used in a setting where we can best determine their true effectiveness and most appropriate use.”

Stony Brook University’s Division of Pediatric Hematology/Oncology is part of the Children’s Oncology Group (COG), a National Cancer Institute-sponsored treatment program that includes institutions from the United States, Canada, and a number of other countries around the world. The hospital and 238 other COG member institutions worldwide enroll children in clinical trials in an effort to advance treatment strategies and improve results. “This has been a group effort from the entire pediatric oncology community for a long time, and it has led to better treatments and a significant increase in survival rates for many cancers,” says Dr Parker, who indicates that if a child participates in a clinical trial his/her treatment will be identical regardless of where it is administered.

He urges, however, that effective treatment and follow-up care go beyond clinical trials enrollment. The pediatric oncology program at Stony Brook continually develops hospital services to keep children psychologically and emotionally intact during their treatment. In addition to the team of physicians and nurses, child life specialists, social workers, and clinical psychologists work to provide counseling and direction for patients and family members throughout the treatment period and during follow-up care.

Essential to a child’s return to normal routines, as well as development, is his/her return to school. Stony Brook provides the only organized back-to-school program by a pediatric oncology group based on Long Island. “It has become a template for other programs in the region, and the feedback from families and schools has been tremendous,” says Dr Parker. Another program, “Our Little Heroes,” is a support network for families, and the group develops free outings for the children and their families throughout the year. ■

New Treatment for Osteoporosis-related Spine Fractures

Although osteoporosis is most often associated with hip fractures, the most common fracture actually occurs in the spine. These fractures, called vertebral compression fractures (VCFs), affect over 700,000 people each year in the U.S. and usually occur with no warning at all other than sudden and severe back pain.

Until recently, these fractures were treated with a combination of bed rest, painkillers and braces. However, results were often poor, with patients experiencing chronic pain, impaired function and diminished quality of life. This led to a vicious cycle of decreased activity, additional bone loss, risk of additional fractures and increased mortality.

Kyphoplasty is a new minimally invasive technique now available to patients who suffer from these types of spine fractures. The technique not only eliminates or significantly reduces pain, but can also reduce the deformity of the spine. It helps to restore a patient’s quality of life almost immediately.

Stony Brook University Hospital physicians Mark Stephen, MD, Orthopaedic Spine and Scoliosis Surgeon; Arthur Rosiello, MD, FACS, and Robert Galler, DO, both of the Department of Neurosurgery, are among a small number of surgeons who perform this operation on Long Island. According to Dr. Stephen the results have been dramatic. “You take patients who are miserable, who can’t move, can’t walk, are bed bound, taking high doses of narcotics, and the next day most are up walking around and can usually go home,” he said.

(continued on page 5)

May

LOOK GOOD... FEEL BETTER PROGRAM



Offered in conjunction with the American Cancer Society for female cancer patients undergoing treatment, this free, 2-hour beauty program is facilitated by a licensed cosmetologist.

Included in the program are tips on skin and hair care, make up instructions and demonstrations of wig, turban and scarf use. Registration is required. Call 800.862.2215.

Monday, May 3

6:00–8:00 pm

Stony Brook Technology Park
Free

INFANT AND CHILD MASSAGE CLASSES

(See April for description)

Tuesdays, May 4, 11 & 18

10:00 – 11:00 am

Stony Brook Technology Park
Fee: \$60.00



THE BENEFITS OF MASSAGE THERAPY

Nick D'Auria of Perfect Balance Health & Fitness will demonstrate and talk about the benefits of massage therapy. Call HealthConnect at 631.444.4000 to schedule an appointment.

Wednesday, May 5

11:00 am – 2:00 pm

Health Resource Center
University Hospital, Level 5
Free

MAINTAINING YOUR WOMANLY HEALTH IN THE WINDS OF CHANGE

This talk will focus on gynecological health maintenance and the importance of standard tests such as the Pap test, mammogram and bone density scan. The discussion will look at emerging research in women's health and how it impacts on your healthcare decisions.

Wednesday, May 5,

7:00 – 8:30 pm

Speaker: Doris R. Weisman, NP
Nesconset Library, Smithtown
Free

BREAST CANCER EDUCATION

"Look Good, Feel Better"
and Reconstruction

(See April for description)

Wednesday, May 5

7:00 – 9:00 pm

Speaker: Balvantray P. Arora, MD
NEW LOCATION: Holiday Inn Express
Stony Brook
Free

PREGNANCY EDUCATION CLASSES

(See April for description)

Thursdays, May 6, 13 & 20

11:00 am – 12:00 noon

Stony Brook University Hospital
Free

CARDIAC EDUCATION PROGRAM FOR PATIENTS AND FAMILIES

A 6-week heart disease awareness program conducted by health care professionals aimed at providing patients, families and friends with a comprehensive overview of heart health and important information about the factors that influence heart disease. CPR Training classes are offered to participants in conjunction with the program. Registration is required. Call HealthConnect at 631.444.4000.

Thursdays, May 6, 13, 20, 27

June 3 & 10

6:00 – 8:00 pm

Stony Brook Technology Park
Free

STROKE PREVENTION SCREENING

The Stony Brook Stroke Program will provide a stroke prevention screening with cholesterol testing at the Longwood Library's Senior Health Fair.

Friday, May 14

1:00 – 4:00 pm

Longwood Library, Middle Island
Free

DIABETES PUMP THERAPY CLUB

Meet and share experiences with other people with diabetes, learn what's new in resources, research and technology and get questions answered. For adults with diabetes who are on the insulin pump or are considering it.

Monday, May 17

7:00 – 8:30 pm

Diabetes Center
Stony Brook Technology Park
Free

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See April for description)

May 17, 18 & 19

9:00 am – 12:00 noon

Diabetes Center
Stony Brook Technology Park
Free

AUTISM EDUCATION

Transition

Presented through the Cody Center for Autism and Developmental Disabilities, this workshop will provide information about New York State's requirements for appropriate transition services and how students and their families can access supports and services through the IEP that help every classified student develop the full range of skills necessary for successful life in school, work, and community living.

Registration is required. Call HealthConnect at 631.444.4000.

Tuesday, May 18, 7:00 – 9:00 pm

Speaker: Brian McIlvain, Coordinator
Supported Employment Program and
Long Island Transition Site
Stony Brook University, Endeavor Hall
Free

AUTISM EDUCATION

Neuropsychological Testing for Children with Autism Spectrum Disorders: Understanding Social, Cognitive and Learning Problems

Presented by the Cody Center for Autism and Developmental Disabilities, this session will help parents understand how and when neuropsychological testing would be valuable for their child. Registration is required. Call HealthConnect at 631.444.4000.

Sunday, May 23

7:00 – 9:00 pm

Speaker: Michael Cohen, PhD
Stony Brook Manhattan
Free

WOMEN'S HEALTH LECTURE SERIES

*The Joy of Being a Woman—
Through the Life Cycle*

(See April for description)

This talk for post menopausal women of all ages will include information on the physiology of menopause; how to deal with natural, surgical and medical changes in the body as the result of lowering estrogen; osteoporosis, hot flashes, urogenital and emotional concerns.

Monday, May 24

7:00 – 8:30 pm

"The Post Menopausal Woman"
Speaker: Todd R. Griffin, MD
Sachem Public Library
Holbrook
Free

AUTISM EDUCATION

Asperger Syndrome: Neurobiological Characteristics and Educational Approaches

Co-hosted by the Cody Center for Autism and Developmental Disabilities and East End Disabilities Associates, this presentation will address the problems of behavioral regulation, organization, work production, focus, and motivation that individuals with Asperger Syndrome, Pervasive Developmental Disorder-NOS, and Nonverbal Learning Disability face. Registration is required. Call HealthConnect at 631.444.4000.

Tuesday, May 25

7:00 – 9:00 PM

Speaker: Lynda Geller, PhD
East End Disabilities Associates
Riverhead
Free

SMITH HAVEN MALL WALKERS

(See April for description)

This month's lecture will be preceded by a free stroke screening from 8:00-10:00 am.

Wednesday, May 25

"The Impact of Stroke in our Lives"
Speaker: Candice J. Perkins, MD
Smith Haven Mall, Food Court
Free



The Cody Comedy Festival

FEATURING:

Wally Collins, Ted Elexandro,
Buddy Fitzpatrick & Lenny Marcus

Friday, May 14, 2004

FUNNY BONE RECEPTION:

5:30 – 7:30 pm, Wang Center
\$150 (Includes comedy show ticket)

COMEDY SHOW:

8:00 – 10:00 pm, Staller Center
\$25

*Proceeds benefit the Cody Center for Autism and
Developmental Disabilities at Stony Brook University*

For tickets and information call
HealthConnect at 631.444.4000

NEW

PLAY SKILLS PROGRAM at the Cody Center for Autism and Developmental Disabilities

Play is an integral part of a child's life, as they develop their sensorimotor, language, cognitive, and peer interaction skills through various types of play. The main goals of the play skills program are to teach and develop specific play skills and to provide alternatives for children's less appropriate and repetitive play behavior.

The Play Skills Program at the Cody Center for Autism and Developmental Disabilities offers: an Initial Play Skills Assessment Session, a Child-Therapist Play Skills Development Program, a Child Dyad Play Skills Program, and a Parent-Child Play Skills Program.

For more information on the Play Skills Program, please
call **HEALTHCONNECT at 631.444.4000.**

Dance for Wellness

Dance your way to wellness by joining a class in Stony Brook University's **Dance for Wellness Program**. Group lessons for beginners and accomplished dancers in International and American style are open to singles and couples on **Monday** (International) and **Wednesday** (American) **evenings at 7:00, 8:00 and 9:00 pm** in the Stony Brook Student Union Ballroom. The program runs through May 2004 and offers a set of four one-hour lessons for just \$20. For more information call **HEALTHCONNECT at 631.444.4000** or visit **www.liballroom.com**.

Expecting a **BABY?**

The Department of Obstetrics & Gynecology at Stony Brook University Hospital can help you through its **MOMS Program**.

• WHAT IS MOMS?

MOMS is a program that provides total prenatal care to all women who are Medicaid eligible.

• WHO WILL TAKE CARE OF YOU?

Doctors and other health team members will provide pregnancy care to **MOMS** clients.

• WHAT DOES MOMS COVER?

Medical care, health education, nutritional counseling, prenatal classes, lab services, dental care, mental health, assistance with transportation and referral to the WIC Program.

• HOW YOU CAN ENROLL INTO THIS PROGRAM:

The staff of the Department of OB/GYN at Stony Brook University Hospital will help expectant moms to apply for Medicaid benefits.

To find out more, call **HealthConnect at 631.444.4000**



Call HealthConnect at 631.444.4000 for more information

June

OSTEOPOROSIS PREVENTION AND MANAGEMENT SERIES

The Division of Wellness and Chronic Illness in the Department of Family Medicine is offering a series of 3-group visits for the prevention and management of osteoporosis. Participants will be evaluated individually for osteoporosis severity. The groups will discuss osteoporosis in an integrative, holistic fashion with focus on measures that may be added to conventional treatment such as nutrition with whole foods, supplements, yoga, and exercise to improve hip and spine bone density. Conventional monitoring techniques and medical intervention with hormone replacement therapy and drugs will also be covered. Most insurance plans accepted with appropriate co-pay.

Wednesdays, June 2, 9 & 16
4:30 and 6:30 p.m.
Stony Brook Technology Park
\$150.00/3 sessions

BREAST CANCER EDUCATION

Pathology

(See April for description)

Wednesday, June 2

7:00 – 9:00 pm

Speaker: Martyn Burk, MD, PhD, FACS

NEW LOCATION: Holiday Inn Express

Stony Brook

Free

AUTISM EDUCATION

Efficacy of Inclusion and Other Educational Placements for Children with Autism Spectrum Disorders

Presented by the Cody Center for Autism and Developmental Disabilities, this workshop will introduce current research about the effectiveness of different educational models, with an emphasis on inclusion. Different aspects of functioning will be examined (academic progress, peer relationships, self-esteem, etc.), as well as principles that can help parents start the process of assessing whether their child's placement is appropriate for his/her needs. Registration is required.

Call HealthConnect at 631.444.4000.

Wednesday, June 2

7:30 – 9:30 pm

Speaker: Sagit Vishnia, PsyD

Stony Brook University, Endeavor Hall

Free

PREGNANCY EDUCATION CLASSES

(See April for description)

Thursdays, June 3, 10 & 17

11:00 am – 12:00 noon

Stony Brook University Hospital

Free

INFANT AND CHILD MASSAGE CLASSES

(See April for description)

Mondays, June 7, 14 & 21

10:00 – 11:00 am

Stony Brook Technology Park

Fee: \$60.00



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Oral Cancer Screenings	April
Osteoporosis Prevention and Management Series	June
Pregnancy Education Classes	Apr, May, Jun
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Research Studies	page 6
Smith Haven Mall Walkers	Apr, May, Jun
Smoking Cessation	page 6
Stroke Prevention Screening	May
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Target Fitness Weight Management Programs	page 3
Women's Health Maintenance Talk	May
Women's Health Lecture Series	Apr, May, Jun

LOOK GOOD... FEEL BETTER PROGRAM

(See May for description)

Monday, June 7

6:00 – 8:00 pm

Stony Brook Technology Park

Free



AUTISM EDUCATION

Helping Your Child Manage Stress

Presented by the Cody Center for Autism and Developmental Disabilities, the purpose of this workshop is to help parents teach their school-aged children (ages 6-12) to recognize and cope with their emotions, particularly anger and stress. Strategies for managing stress and anger at home and at school will be discussed.

Tuesday, June 8,

7:00 – 9:00 pm

Speaker: Katherine Delaney, PhD

Stony Brook University, Endeavor Hall

Free

LOW VISION SUPPORT GROUP MEETING

Sponsored by Stony Brook University Hospital's Department of Ophthalmology. Refreshments will be served.

Friday, June 18,

3:00 – 5:00 pm

"Macular Degeneration"

Speaker: Fadi El Baba, MD

Emma S. Clark Public Library,

Setauket

Free

FREE

"Eating In or Eating Out"

Guide to Good Food

This booklet includes eating in/eating out information, nutrition notes, shopping tips, recipes and more.

For a free Copy, call HealthConnect at 631.444.4000

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

(See April for description)

June 21, 22 & 23

9:00 am – 12:00 noon

& 6:30 – 9:30 pm

Diabetes Center

Stony Brook Technology Park

Fee

SMITH HAVEN MALL WALKERS

(See April for description)

Wednesday, June 30

"Men's Prostate Health"

Speaker: Anne Klassert, ANP

Smith Haven Mall, Food Court

Free



(Continued from page 3)

Osteoporosis-related Spine Fractures

Kyphoplasty involves two very small incisions made in the back to create a narrow pathway in the fractured bone. A special balloon, called the KyphX Inflatable Bone Tamp, is inserted and inflated, raising the collapsed portion of the vertebra and reducing the fracture. The operation can be performed under local or general anesthesia and takes about one hour. The procedure is also effective on spine fractures in cancer patients who frequently suffer from painful vertebral compression fractures.

For more information about Stony Brook's Orthopaedic Spine and Scoliosis Center call **HealthConnect** at **631.444.4000**.

JUNE 14-21, 2004

National Men's Health Week

Men's Top 10 Health Risks — What Men Can Do to Reduce Them

The leading causes of death for men in the United States are:

- Heart Disease
- Cancer
- Stroke
- Accidents
- Chronic lower respiratory diseases
- Diabetes
- Influenza and pneumonia
- Suicide
- Kidney disease
- Chronic liver disease and cirrhosis

The good news is that many of these conditions are preventable. Here are ways men can reduce these risks and live longer, healthier lives:

- Don't smoke.
- Eat a low fat diet, rich in fruits, vegetables, and whole grains.
- Exercise regularly — at least 30 minutes most days of the week.
- Maintain a healthy weight.
- Control your blood pressure.
- Get regular checkups, health screenings, and immunizations including a flu shot.
- Avoid illegal drugs.
- Use alcohol in moderation.
- Wear your seat belt.
- Get professional help if you are depressed.
- Practice safe sex.
- Take medications wisely.
- Cover up when out in the sun with sunscreen, a hat, and UV protective sunglasses.
- Get connected with family, friends, and your community.
- Do things you enjoy.

Source: Centers for Disease Control and Prevention and the U.S. Dept. of Health and Human Services.

Research Studies

Behavioral Treatment Study of Chronic Fatigue Syndrome

If you have Chronic Fatigue Syndrome (CFS), you're invited to participate in a treatment study involving very low levels of exercise. Participants will be paid. For more information call HealthConnect at 631.444.4000.

Free Help for Mothers of 2-3 Yr. Olds

The Point of Woods Laboratory and Parenting Clinic at Stony Brook University is seeking volunteers for a research study that offers free help for mothers who are having difficulty managing their challenging 2-3 year old toddlers. To obtain more information and to find out if you qualify, call HealthConnect at 631.444.4000.

Atherosclerotic Disease in the Leg

If you are being evaluated for known or suspected leg vascular disease and your doctor has ordered an angiogram, you may be eligible to participate in a clinical trial study that offers free leg MRA (magnetic resonance angiogram), a non-invasive imaging of your leg vessels prior to angiogram. You will be compensated up to \$150. For more information, call HealthConnect at 631.444.4000.

Visit us on the web at: www.StonyBrookHospital.com

SMOKING CESSATION CLASSES

Learn To Be... Tobacco Free.

Walk in a smoker, walk out with all the tools you need to be tobacco free!

The Suffolk County Department of Health offers a free 6-week smoking cessation program at locations throughout Suffolk County, including Stony Brook University Hospital. The program utilizes combined therapies and free smoking medications. To register or find out about classes beginning in April, June, August, and November check www.co.suffolk.ny.us/health or call HEALTHCONNECT at 631.444.4000.

April 8, 15, 22, 29; May 6 & 13 or
June 17, 24; July 1, 8, 15, & 22
6:00 - 7:00 pm
Stony Brook Technology Park
East Setauket

NEW

Gynecologic Oncology Support Group

Women, family members and others affected by gynecologic cancer are invited to join this new monthly support group on the **last Wednesday of every month** from **7:00-9:00 pm** at Long Island Gynecologic Oncologists, PC Smithtown.

For more information call **HealthConnect 631.444.4000**

HEALTHCARE INFORMATION

Available through Resource Centers

Visit Stony Brook University Hospital's Resource Centers for important information that can help you to make informed healthcare choices. Whether you are interested in learning about a particular medical condition, a specific test or procedure, or a healthcare practitioner to best meet your needs, our staff is prepared to help. The Resource Centers are in two convenient locations:

HEALTH RESOURCE CENTER — Stony Brook University Hospital Main Entrance, open **Monday through Friday, 8:30 am to 5:00 pm.**

COMMUNITY RESOURCE CENTER — 115 Main Street, Stony Brook Village, open **Monday through Saturday, 10:00 am to 6:00 pm** and **Sunday, noon to 5:00 pm.**

For more information call HealthConnect at 631.444.4000.



FREE Prostate Cancer Screenings

Prostate cancer is the most commonly diagnosed cancer in men and the second leading cause of cancer deaths. Annual screening is recommended for all men over the age of 50. For African-American men, and men with a family history of prostate cancer, annual screenings should begin at age 40. Prostate cancer screening includes a **FREE PSA blood test** and a rectal exam. The Department of Urology offers free screenings by appointment at University Hospital and at Stony Brook Medical Park. For an appointment call the **Cancer Helpline** at **800.862.2215.**

Screenings are also available on Monday mornings and Thursday afternoons at The **Hampton Bays Life Care Center.** For an appointment call **631.723.5000.**

Support Groups

For Support Group information call **HealthConnect** at **631.444.4000**

- ALS Support Group
- Alzheimer's Disease Support Group
- Brighter Faces (for families and patients with cleft lip and palate or craniofacial anomalies)
- Cardiac Support Group
- Caregivers Support (for those with dementia)
- Circle of Caring (loss of a child through miscarriage, stillbirth or early infant loss)
- Diabetes Pumpers Club
- Gynecologic Oncology Support Group
- Hope for Hearts (for parents of children with congenital heart defects)
- ICD Support Group
- Little Angel Fund (a support network for parents of Neonatal Intensive Care Unit babies)
- Living with Cancer Support Group
- Low Vision Support Group
- Mended Hearts
- Menopause Support Group
- Parent/Family Support for Children with Cancer
- Pregnancy Education Classes
- Prostate Cancer Support Group
- SIDS (New York State Center for Sudden Infant Death)

FREE Hip and Knee Pain Seminars

Free seminars on hip and knee pain are regularly hosted by the Stony Brook Joint Replacement Center. Seminars include an overview on the normal anatomy of the hip and knee, the various causes of hip and knee pain, signs and symptoms of a hip or knee problem, how to get a good diagnosis from your doctor, and treatments including diet, nutrition, exercise, medication and surgery. Seminars will take place on **Fridays: 4/16, 4/30; 5/7, 6/4; & 6/18** from **9:30 to 10:30 am** at Stony Brook Orthopedic Associates in Technology Park, E. Setauket. To register or for information about Stony Brook's Joint Replacement Center, call **HealthConnect** at **631.444.4000.**

Cancer Helpline

Stony Brook University Hospital's Cancer Helpline nurse will be available two days a month to answer questions about cancer at the hospital's Health Resource Centers located in the main entrance of the hospital and at 115 Main Street, Stony Brook Village. For dates and times call the **Cancer Helpline** at **800.862.2215.**

Stony Brook Better Health Better Living

Published by the Community Relations Department at Stony Brook University Hospital. The information is intended to educate people about subjects pertinent to their health, not as a substitute for consultation with a personal physician.

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